

Te Atatu Class Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30 am Restorative YOGA (30mins)	5.30 am RIDE- Val D'Azol (24min)	5.30 am Twisting Detox (30min)	5.30 am Hips, Glutes, Thighs (18mins)	5.30 am Easy Pilates (25min)		
	6.00am X45 Strength * Kevin		6.00am X45 Cardio * Kevin			
6.30 am Barre X Pilates (30min)	6.30 am Niagara Cardio (30min)	6.30 am Ride- Cap Corse (48mins)	6.30 am Strong Zumba (20mins)	6.30 am RIDE- Pyramids (36mins)		
7.30 am Post Workout Yoga (20mins)	7.30am RIDE: The Chase (30min)	7.30 am Fight Challenge (30mins)	7.30 am Mama Cardio Burn (30mins)	7.30 am Zumba 7 (22mins)		
8.30 am Stretch (40mins)	8.30 am Mobility YOGA (50mins)	8.30 am Yoga Vinyasa (50mins)	8.30 am Ride – Marmot (42mins)	8.30 am HIIT Zero impact (25mins)	8.30 am Xride 45 Hope	8.30 am RIDE Calanches de Plana (45mins)
9.30am Flex Tina	9.30am Xride30 Nora	9.30 am Pilates Nora	9.30am Xcore Sharon	9.30am StepX Sharon	9.30am Flex Tina	9.30am Yoga Sophie
	9.30am X45 Strength * Kevin		9.30 am X45 Cardio * Brahm		10am Senior Wrestling Amir	
10.40 am YOGA 1 (47mins)	10.35am Xcore Sharon	10.40 am Low Impact workout (20min)	10.40 am Willow 56min (Meditation/Interval)	10.40 am Energizing yoga flow (32min)	10.30 am Barre 45 Renee	

12.05 pm Physio Pilates 35min	12.05pm Box kick full body 30mins	12.05 pm Muay Thai 29min	12.05 pm RIDE- Mountain ride 32min	12.05 pm Power Pilates 46min	12.00 pm A taste of Yoga 53min	12.00 pm Interval blast 31min
1.00pm RIDE: Scenic 161 32min	1.00 pm Strength open body blitz 30min	1.00 pm Energizing yoga flow 32min	1.00 pm Yoga for a strong back 32min	1.00pm Bodyweight HIIT blitz 30min	1.00pm Get fit w/ Boxing 30min	1.00 pm Soul meets body YOGA 24min
2.00 pm Get fit w/ boxing 30min	2.00pm Ride – Sprint to the Chapel 32min	2.00 pm Zumba 2 35min	2.00pm Core and dynamic strength 33min	2.00 pm RIDE- Miami Cycling 27min	2.00 pm RIDE- Haute Saone 24min	2.00 pm RIDE – triple climb 28min
4.00 pm Cardio basics 30min	4.00 pm Time to move yoga 30mins	4.00 pm Burning HIIT cardio 29min	4.00 pm Kick it martial arts 58min	4.00 pm Ride Saint Florent 47min	4.00pm Aerobics 1 45min	4.00 pm Pure Pilates 54mins
4.00 pm Piwi Wrestling Amir		4.30pm Piwi Wrestling Amir		4.00 pm Piwi Wrestling Brahm		
5.00 pm Junior Wrestling Amir		5.30pm Junior Wrestling Amir		4.30 pm Junior Wrestling Brahm		
5.00 pm Yoga open flow 18mins	5.00 pm Pure Pilates 54mins	5.00 pm Killer Abs 32mins	5.05 pm Yoga Spirits 25mins	5.00 pm Quick Core 15mins		
5.45pm StepX Sharon	6pm Xride Hope	6pm Xride 30 Hope	5.45pm Flex Tina	5.30 pm Mobility and Balance 30mins		
6pm Xride 45 Nora	6.15pm Zumba Charlie	6.15pm Yoga Nora	6pm Xride 45 Terry	6.30 pm High Intensity Plyo 30mins		

6.30pm X45 Cardio * Chloe	6pm -7pm Boxing Chris	6.30pm X45 Strength * Kevin	6pm-7pm Boxing Chris			
6.30pm Senior Wrestling Amir		6.30pm Senior Wrestling Amir	7.00pm Senior Wrestling Amir			
7.30 pm (Ambush - Dance Crew	7.30pm Yin YOGA 30mins	7.30pm Boxfight Club 3 25mins	7.30 pm (Ambush - Dance Crew	7.30pm Ride – Passo di Gavia 24mins		
	8.30pm Ride – Trollstigen VO2 43mins	8.30pm Stretching 40mins				

Red (VC) - Virtual screen classes Pink - X45 Classes (Extra Cost) Blue - Wrestling Classes Black - In person GroupX Classes